

National Wear Red Day

FRIDAY, FEBRUARY



ABOUT OUR COMMUNITY AND WEAR RED DAY IS PART OF THE AMERICAN HEART ASSOCIATION'S NATIONAL MOVEMENT TO END HEART DISEASE AND STROKE.

- PLEASE JOIN US IN WEARING RED ON FRIDAY, FEBRUARY 1ST, TO RAISE AWARENESS OF HEART DISEASE AND STROKE.
- PLEASE REMEMBER TO EAT HEART-HEALTHY (NAPS FOOD SERVICES ALWAYS PROVIDES AND IS PLANNING SPECIAL OFFERINGS FOR THIS DAY), GET ENOUGH QUALITY SLEEP, AND EXERCISE TO TAKE CARE OF YOUR HEART HEALTH.
- THANK YOU IN ADVANCE FOR YOUR SUPPORT BY WEARING RED ON FRIDAY, FEBRUARY 1ST!